



RAISE THE BARRE



BARWORKS BARRE CLASS A FITNESS CLASS FOR ADULTS

WEDNESDAYS @ 7:30PM
55 MINUTE CLASS

BALLET PETIT

2501 INDUSTRIAL PKWY WEST
HAYWARD CA 94545
WWW.BALLETPETIT.COM

"BARWORKS" Barre class incorporates the fluidity of ballet, the flexibility of yoga and the core strengthening of Pilates. This class is designed to boost balance, strength and flexibility focusing on isometric strength training while using a ballet barre and other props. "BARWORKS" is the perfect blend of deep muscle toning, stretching, balancing and cardio vascular intervals.

NO DANCE EXPERIENCE REQUIRED. ALL FITNESS LEVELS WELCOME.

PRICING: FIRST CLASS IS **FREE**
\$15 SINGLE CLASS
\$100 CLASS PACK OF 8